

Live Enriched Workshops

Sign up our workshops through Healthy 365 mobile app today! Search “**Live Enriched Talks & Workshops**” to find available events.

**Stay healthy today,
enjoy more
tomorrows**

积极保健在今天，乐
享美好在明天

No matter our age, we all have hopes and goals. There are so many things you can do today to make your tomorrows fulfilling. Learn about healthy ageing and how to stay healthy so you can continue doing what you love.

You will learn about:

- The importance of healthy ageing
- The Live Well, Age Well programmes and resources available in your community

**Protect yourself and
your loved ones**

接种疫苗，保护您和
您的家人

Join this workshop to learn more about how vaccinations can protect ourselves and our loved ones!

You will learn about:

- The importance of getting vaccinated
- Recommended vaccinations for older adults
- Know more about the flu and pneumococcal vaccination

**Let's be strong
together!**

健康乐龄 身强体健

Did you know, the loss of muscle mass may start before the age of 50? Join this workshop to learn how you can preserve muscle mass with a healthier lifestyle. Let us be stronger together to enjoy life to its fullest!

You will learn about:

- The importance of stronger muscle in golden years
- How to build stronger muscles

Move It Feel Young

活跃乐龄 · 运动让我们更有活力

Regular exercise helps you feel fresher and more energetic! Join this workshop to learn how you can improve your strength, balance, and flexibility through simple exercises. It is never too late to start!

You will learn about:

- The importance of physical activity
- How much, what, and why do you need to exercise
- What are the different type of exercises available
- How to incorporate exercise into daily living

FRIENDS! Together we keep a healthy mind

朋友们！让我们一起保持健康的心态

No matter how old we are, it is important to keep our friends and family close. And what better way than to keep the bond exciting and alive through games and activities. Join this workshop to pick up new activities you can play with your family and friends and build positive relationships.

You will learn about:

- How to recognise stress
- Ways to manage and cope with stress
- The importance of having close ties with family and friends and a positive relationship with others

How to reduce my risk of vascular dementia?

降低患上血管性失智症的风险

What can I do to reduce my risk of Vascular Dementia? Come join us to learn the signs of dementia and tips to reduce your risk through lifestyle changes and building healthier habits.

You will learn about:

- Dementia and how common it is
- Common signs of vascular dementia
- Tips to reduce risk of vascular dementia

**Celebrate the
abundance of life**

健康富裕 万事如意

This workshop is only available during selected periods.

Everyone wants an abundant Lunar New Year. Health in abundance is what we truly need. This Lunar New Year, come and join us to celebrate the abundance of life and see abundance beyond food.

You will learn about:

- Choosing healthier snacks and drinks
- Tips to prepare healthier meals/reunion dinner and cakes
- Fun ways to spend quality time with your family this Lunar New Year
- Self-care tips to stay healthy from the inside out